

Adolescent Development:

Examining current trends and psychosocial
development

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Adolescence

- What is adolescence?
 - > the period following the onset of puberty during which a young person develops from a child into an adult.
- 3 ways in which adolescents are developing:
 - > Physiologically
 - > Psychologically
 - > Socially

Physiological Development

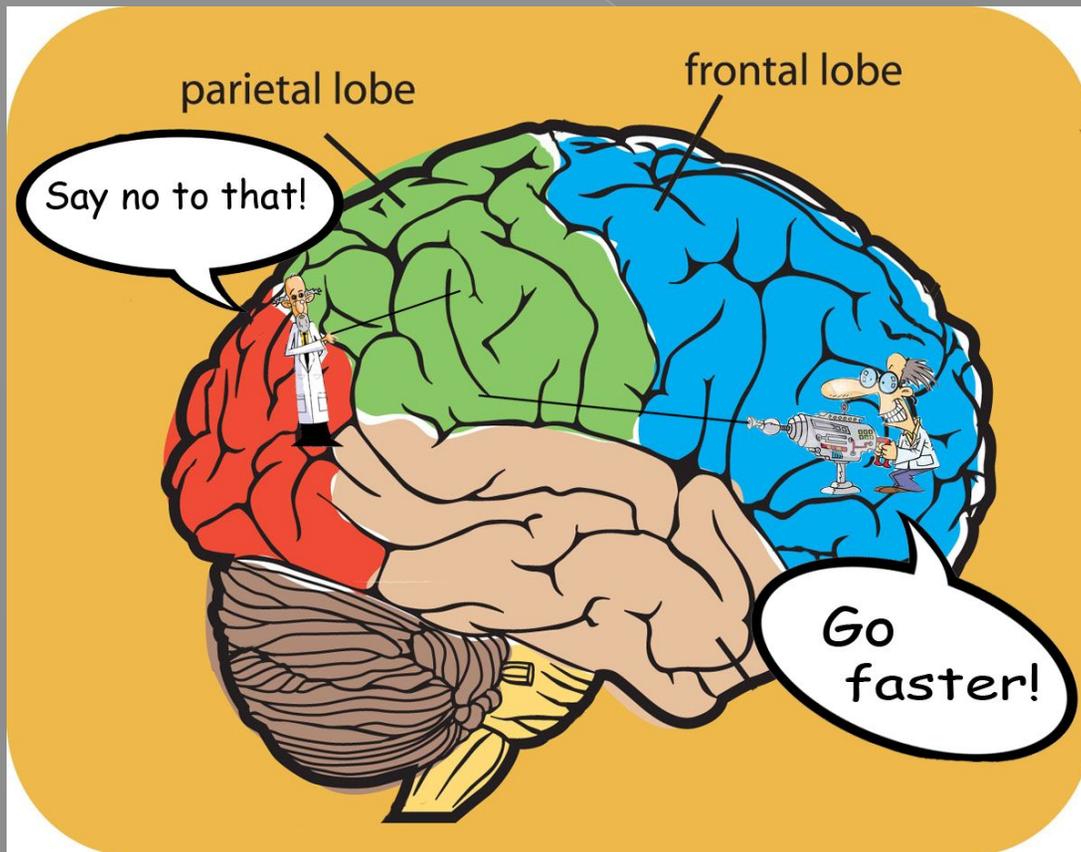
- Body Development
 - > Onset of puberty
 - > Organ capacity increased
 - > Awkward growth
 - > Muscle growth
 - > Hormonal irregularities



Physiological Development

● Brain Development

- > Pruning of neurons
- > Connecting to prefrontal cortex
- > Back to front brain development
- > Puberty to 25?
- > Memory in Adolescence
- > Myelination
- > Reward seeking



Physiological Development and Technology

- In this generation brain development has shifted to better handle large streams of information.
- Multitasking generation due to the amount of different stimuli presented to them.
- Development to the adult brain has slowed down with this generation.
- Individuals who regularly use the internet have twice the activity in their frontal lobes as those who rarely use the web.
- The result of this is snap decision making and multitasking. Students have fine tuned these skills to the point of fostering reduced attention span.

Psychological Development

● Cognitive Development

> Piaget's Stages of cognitive development

- Adolescent move out of concrete thinking into formal operation.
- **Concrete thinking** is literal **thinking** that is focused on the physical world. People engaged in concrete thinking are focused on facts in the here and now, physical objects, and literal definitions.
- Formal operational begins at approximately age twelve and lasts into adulthood. During this time, people develop the ability to think about abstract concepts. Skills such as logical thought, deductive reasoning, and systematic planning also emerge during this stage.
- Although this is the cycle, many teens are developing this skill through adolescence.
- Begin to think abstractly and use hypothetico-deductive reasoning.

Cognitive Development

- Self-Expression
- Reality vs. Fact
 - Begin to ask question and analyze more extensively
- Independence Development
 - Beginning the process of become independent thinkers.
 - Relativistic Thinkers

Welcome to being a parent of a teenager. Prepare for a large amount of eye rolling, emotional outbursts, and thoughts of running away. And that's just the parents.



FACEBOOK.COM/MOTHERHOOD.ORG

Cognitive Development and Technology

- Multitasking can decrease ability to properly retain information.
- Wide generation gap between student and teacher when it comes to technology.
- How adolescent utilize the large streams of information that is at their fingertips.

Social Development

- ◎ Adolescent Egocentrism
 - > Language Development
 - Developing a adult-like speech but are more likely to use slang or made up words.
 - > Imaginary Audience
 - Young teens believe that they are the center of other people's attention in the same way that they are the center of their own.
 - > Personal fable
 - The belief held by teenagers that their experiences are unique and different from those of all other people.

Imaginary Audience

Pros

- It is developmentally important because it gives them a chance to imagine what might happen and anticipate some ways to handle it.

Cons

- Others are constantly focusing on their flaws.
- Dependence on acceptance of others.
- Have trouble seeing the world from someone else's point of view.

Personal Fable

Pros

- The focus on the uniqueness helps prepare youth for the individuation or separation from family.

Cons

- Engaging in risky behaviors because consequences wont happen to them.
- Unable to step back from a situation and see the problem from different perspectives.
- Interferes with the development of empathy.

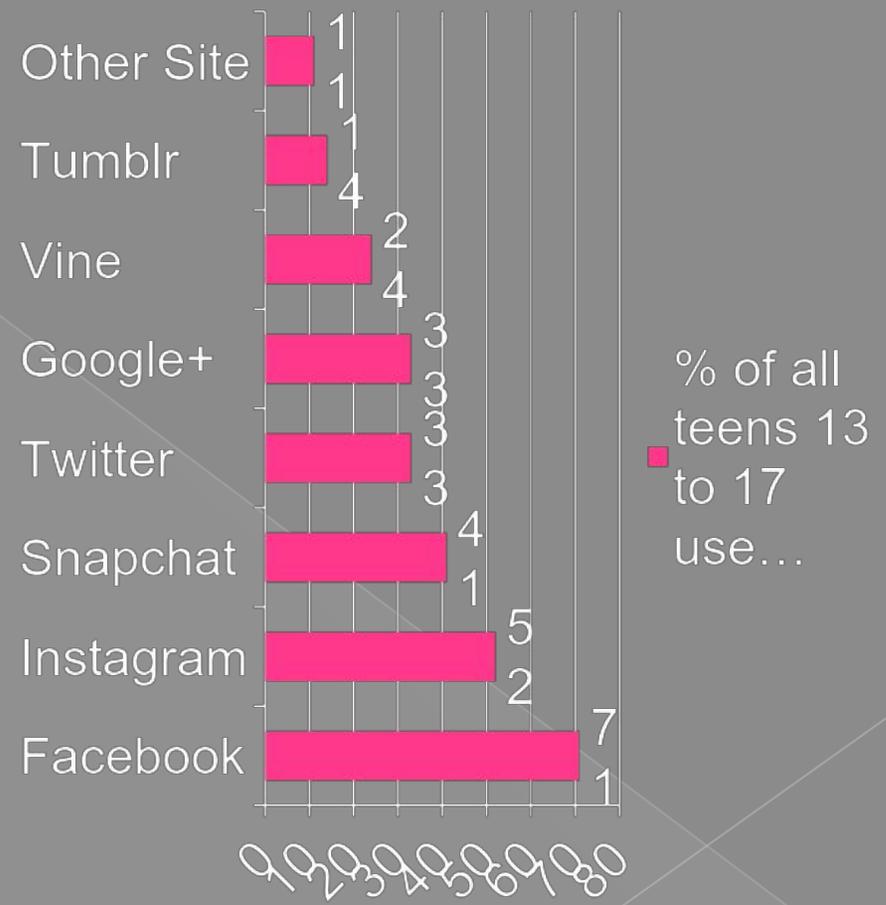
Social Development and Technology

- Social Networking Sites effects on youth.
 - > Positives of Social Media
 - Socially awkward adolescent can find like minded friends.
 - Independent expression of ideas and personality.
 - > Dangers of Social Media
 - Sexual Exploitation
 - Sexual Predators
 - Cyber-Bullying
 - Connection to face to face communication

- Video Games
- Sex

Social Development and Technology

● Social Media



Social Development and Technology

- 92% of teens report going online daily with 56% going online several times a day.
- African American and Hispanic teens report more frequent use of the internet compared to white teens.
- Nearly three quarters of teens have access to a smart phone. African American teens are more likely to have a smart phone at 85% compared to whites and Hispanic teens at 71%.
- Boys are more likely than girls to visit Facebook (45% to 36%) and girls are more likely to visit Instagram (23% to 17%)
- 71% of teens use more than one social media site.
- Snapchat more likely to be used by wealthier teens and Facebook is more popular among lower income youth.

Social Development and Technology

⊙ Dangers of Social Media

- Sexual Exploitation
- Sexual Predators
- Connection to face to face communication

⊙ Cyber-bullying

- > 43% of teens have been victims of cyber-bullying.
- > 81% of youth said that others cyber-bully because they think it is funny.
- > Nearly 30% of teens wanted to seek revenge on those who cyber-bullied them.
- > Only 11% of teens talked to parents about incidents of cyber-bullying

Social Development and Technology

- ◉ Positives of Social Media
 - ◉ Socially awkward adolescent can find like minded friends.
 - ◉ Independent expression of ideas and personality.
 - ◉ Closed network makes communication online much safer.



Social Development and Technology

Text Messaging

- 91% of teen cell phone owners use text messaging.
- 33% of teens use messaging apps like WhatsApp or Kik. These apps are more likely to be used by Hispanic and African American teens
- The average number of text sent or received per day by teens is 30 text messages. For girls it can reach 40 per day and girls 15 to 17 can reach 50 messages daily.

Text Messaging

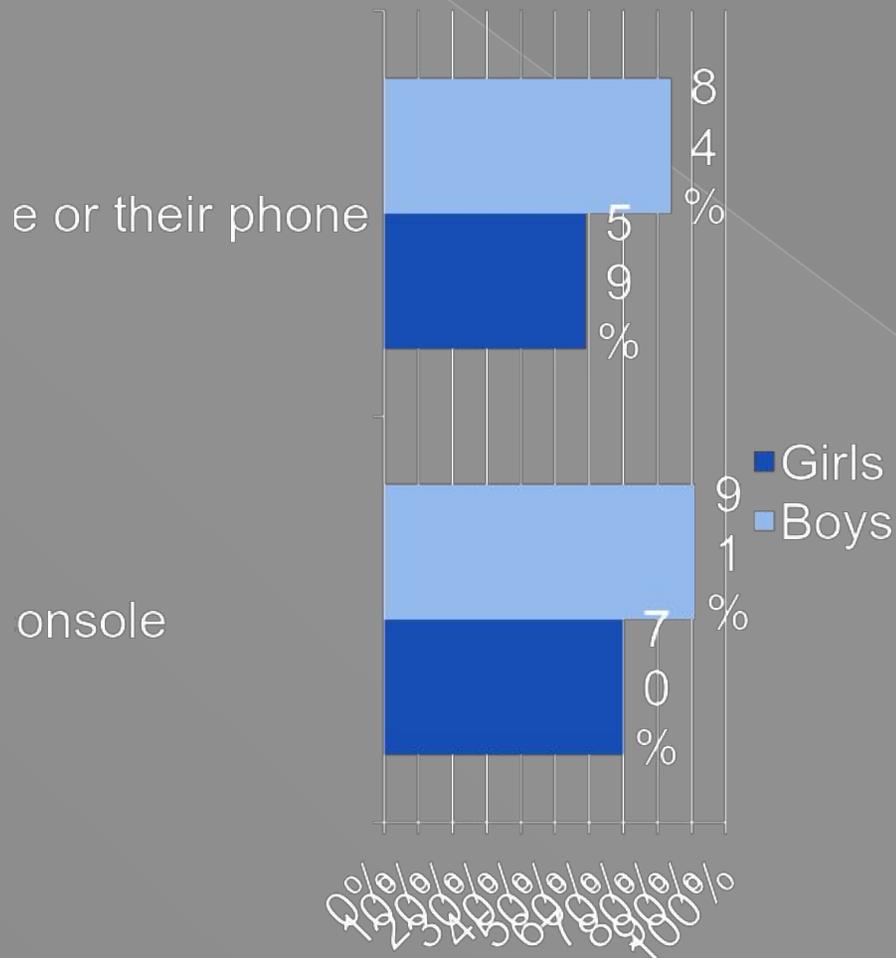
Positive

- Text messages can help improve literacy.
- Improved contact with social circle
- Build socialization and interpersonal skills

Negative

- Messaging apps can have open format where stranger can contact teens.
- Neglected face to face interaction.
- Distractions while driving
- Sexting

Social Development and Technology



Social Development and Technology

Positives

- ◉ Interactive social tool for boys.
- ◉ Games can be used for educational gains.

Negative

- ◉ Violent games can carry over into daily social interactions.
- ◉ Interaction with strangers if not monitored.

Trends and the Adolescent Prospective

- Dating/Hooking up Apps
- Drug use
- Internet Challenges
 - > Cinnamon Challenge
 - > Fire Challenge
 - > Passout Challenge

Development in Perspective



Generations

- Baby boomers.

- > During their adolescence marketing began to court teenagers and use slang like “hippie” and “pop group”.
- > Time of civil unrest with civil rights and the Vietnam war.
- > Music was the story of adolescence and spoke to a generation.

Generations

● Generation X

- > Rejected Authority
- > Created the grunge movement
- > MTV Generation
- > It seems like a lot of people were worried about Generation X growing into adulthood. The bored, cynical, nihilistic attitude adopted by so many of the youth seemed to be a symptom of a depressed generation

Generations

● Millennials

- > Tech savvy adolescents
- > Grew up with internet, cell phones, computers.
- > This group is larger than the baby boomers
- > Instant access to information
- > More globally connected

Culture and Adolescent Development

- Culture is learned and socially shared, and it affects all aspects of an individual's life
- Individualized culture of the west and collectivist culture of the east.
 - Pride vs. Humility

Socioeconomic Status and Adolescent Development

- Adolescents from lower SES had fewer social support networks that negatively affected cognitive neurodevelopment and behavior.
- Adolescents from lower SES had prolonged development of executive function in the prefrontal cortex.
- Adolescent who grow up in single parent homes or homes under financial stressors develop autonomy earlier than other adolescents and can lead to early risk taking and substance use.

Supporting Adolescent Development

- Decrease control and increase youth responsibilities gradually.
- Risk taking is important for development of autonomy and learning about the larger world.
 - Foster risk taking and give adolescent healthy risks to take.
- Development of Emotional Intelligence
 - Introduce situations to develop empathy better understand emotions.